Sports center project vote

At the second quarter meeting in May, the Board of Directors, acting on a recommendation from the Facility Planning Committee, approved a motion to refer the sports and fitness center expansion and remodel project to the owners for a vote. The previous alternatives under consideration have been refined to a single project incorporating the spa space which will be available in early 2020 at a dues impact that is projected to be less than $20 per month. Current project information will be distributed in June, along with an open house hosted by the Facility Planning Committee - **Wednesday, June 19, from 6:00-7:00 PM, in the Aspen Room of the Conference Center.** Voting will begin in mid-July with final tally and official results will be announced at a member meeting on August 22.

Emergency Preparedness

The Board also authorized formation of an **emergency action planning committee** to develop a resort-wide emergency action plan. The committee chair will be Association Vice-President Tom Schiess. The committee will coordinate with Klamath County Emergency Services and all stakeholders at the resort. If you are interested in serving on the committee please contact the HOA office at 541-850-5560, or email me at jonb@runningy.com. The first phase of the program was to prepare the attached map showing emergency exits from the resort. An interim step to expedite evacuation – unlocking all gates during fire season – has been implemented. Owners can proactively prepare to be informed by obtaining a login to the owner website (see link below) and download the mobile app. Notices posted through the website, and immediately available through the app, will be one element of the communication plan to distribute alerts and updates in the event of an emergency. Another source of information is to sign up for alerts through the Klamath County Emergency management web page [https://www.klamathcounty.org/300/Emergency-Management]. The alert sign-up button is at the bottom of the page. The emergency management website has a wealth of information, including the County Emergency Operations Plan.

On the mitigation front the annual fire fuel reduction program is underway with notices sent earlier this spring and the official onset of fire season on June 10. Please take time to understand the requirements of the program (the enforcement policy was revised this year) and comply with this important factor in slowing the spread of fire and protecting structures. If you have any questions don’t hesitate to contact the HOA office.

Lakeside Paving

Lakeside roads (Coopers Hawk from upper Cinnamon Teal) will receive an asphalt overlay in late June or early July. Notice will be posted when the paving contractor confirms the schedule. Expect heavy truck traffic entering and exiting the resort on Coopers Hawk Road and intermittent delays/detours/closures in the Lakeside neighborhood.

Things to Do

With summer weather here there are many great ways to experience the outdoors. Horseback riding is available on the Skillet Handle, bike rentals from the SFC, the golf and putting courses are in great shape, the fishing pond is open, and there are miles of trails for hiking/biking on the resort as well as 10 miles of new trail on the expansive Spence Mountain trail system – just west of Running Y on highway 140.

**Owner Website:**

If you haven’t already done so, take a moment to check out the owner website, [https://owners-runningy.nabrnetwork.com](https://owners-runningy.nabrnetwork.com). I encourage everyone to get a login for the site. There are new features and a wealth of information on the Association.

**Have a great summer,**

Jon
Hello, let us introduce ourselves. We are Gold Dust & Walker Farms, and we’ve been farming the Running Y Ranch since 2012 and have recently started farming the Caledonia fields, just north of the golf course.

Our founders, Bill and John Walker, have been farming in the Klamath Basin since 1973. They started with growing grain, and in the 1980s got into the potato business. Since then, we’ve grown our potato processing business, as well as the potato farm, we continue to grow grain. We’ve also managed to convert ⅓ of our farm to organic - including fields on the Running Y. As a family business, Bill’s children, Tricia and Weston, have joined the senior management team. We also added Matt Thompson, Salvador Vera, and the husband and wife team of Bart and Lexi Crawford, as Junior Partners, to ensure these businesses thrive into the future.

The type of potatoes we grow are chipping potatoes, and if you’ve eaten Lay’s or Kettle brand chips, or had french fries at In-N-Out Burger, you’ve likely had our spuds. Part of the reason we started farming at the Running Y and Caledonia is because of the rich soil. This light, black dirt doesn’t hurt the thin skin of chipping potatoes, making it the ideal place for us to farm. However, as we’re sure you’ve seen, that same light dirt is picked up by the slightest breeze and blown all over. While we do our best to try and keep the dirt in the fields, Mother Nature has a mind of her own and can blow it everywhere.

One of our favorite aspects of farming at the Running Y is the abundance of wildlife, especially the birds. Our farm crews have seen plenty of elk, the occasional bear and even an otter or two. But the migrating birds that frequent our fields are incredible. Though there are wetlands nearby, the birds seem to prefer the available food and swimming space our fields provide. To see an entire field of swans erupt and fill the sky is truly awe-inspiring.

We love these farms, and we’re constantly working to improve them, including water quality. We strive to be good neighbors, but we’re aware that sometimes living near a farming operation has its challenges. If you have questions about our farms, please feel free to reach out to us and we’ll do our best to answer them.

Thank you!

Gold Dust & Walker Farms
1.) Stress Reduction -
Every year, Americans spend thousands of dollars and a significant amount time seeking relief from illness. Many of which are stress related, like depression, heart disease, diabetes, fibromyalgia, and cancer. Adding regular massage to your current healthcare routine has been proven to reduce stress, which can reduce illness.

Doctors recognize the benefits of and often recommend regular massage to their patients for reducing stress. Several studies have measured the stress hormone called cortisol and found that massage decreases cortisol levels dramatically. Cortisol is produced when you are stressed, and kills important cells needed for immunity. So, when massage reduces your stress levels (and the cortisol) in your body, it may help you avoid getting sick.

2.) Relief for Chronic Illness -
Massage often relieves symptoms of chronic disease or illness such as fibromyalgia, arthritis and cancer.

• Reduces Anxiety -
Eases anxiety before and during uncomfortable procedures. Some schedule their massage the day before a procedure or a chemotherapy infusion because they find it helps them stay calm. You will need a doctor’s note if you are receiving chemotherapy.

• Eases Pain - Clients who receive massage say they have less pain, treatment-related pain and pain due to muscle tension.

• Helps Control Nausea -
Gentle-touch massage has been shown to reduce nausea in patients in the hospital receiving bone marrow transplant.

• Improves Sleep and Eases Fatigue -
Massage eases fatigue and improves energy levels allowing for an increase in activity, which often promotes better sleep.

• Helps Relieve Depression - Research shows that massage may help relieve depression in cancer patients.

3.) Strengthens Your Immune System -
Massage therapy boosts your immune system by stimulating natural killer cells. Since therapeutic massage decreases cortisol which destroys natural killer cells, your immune system gets a boost. An increase in white blood cells and natural killer cell activity better prepares the body to fight off possible invading cells. Massage even boosts immunity in people with severely compromised immune systems, such as cancer patients.

4.) Relief from Injury -
Are you a weekend warrior or recovering from surgery? Regular massage can help you get back on your feet quicker. Massage improves blood circulation. When you have more efficient blood circulation, oxygen and other nutrients are distributed throughout the body better. This helps in repairing tissue and hastens the recovery process.

5.) Lowers Blood Pressure -
Receiving massage on a regular basis has a positive effect on blood pressure. Massage stimulates the parasympathetic nervous system, resulting in regulating your heart rate and lowering your blood pressure. You should not consider massage as your primary mode of treatment. Consult your doctor to see how this integrative form of treatment can help your condition.

- Malissa Cochrane, Director of Sandhill Spa -
**Upcoming Events at Running Y**

**Come Out and Join Us**

- **June 23rd** - Around the World 9-Hole League - Italian
- **July 21st** - Around the World 9-Hole League - American BBQ
- **August 18th** - Around the World 9-Hole League - Asian

*Call 541.850.5580 to Reserve Your Spot*

**Mondays May 13th** through **September 30th** - Muni Madness

*Call 541.850.5580 to Reserve Your Spot*

- **2nd Thursday of the Month** - May through August - Ladies Night Clinics with Trever Wilson
  *Call 541.850.5580 to Reserve Your Spot*

- **4th Thursday of the Month** - May through August - Ladies Night 9-Hole League
  *Call 541.850.5580 to Reserve Your Spot*

*For more details about our upcoming events, visit runningy.com/calendar.*

- Meredith Mackey, Director of Marketing -

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**The Future of Sandhill Spa**

**Spa Renovation**

I have heard from many of our Homeowners over the last couple of months as to the future of Sandhill Spa. As most of you know, Sandhill Spa resides in the Athletic Center currently. Expansion of the Athletic Center has been a topic of discussion and design for about 2 years now. As a result of these discussions and options, the Spa’s future began to be looked at. With much thought, we have decided to remodel what was once called the Ranch House Restaurant and has been used for meeting space recently, into the new home of Sandhill Spa. You will see renovations taking place over the next several months and an exact target date of the move has not been determined. We are thinking that right around the first of the year. There will be more information as to design and amenities as we move through the process. I hope this adds some clarity to the future of the Spa.

We believe this will add to our homeowner and guest experience to have the pro shop and spa next to one another. We hope you agree as the building takes shape.

- George Rogers, General Manager -

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**2019 Golf News**

**Busy Season Is Upon Us**

Resort traffic has picked up as we are at the early phases of peak season. We would just like to offer a friendly reminder that the golf cart paths are not walking paths. There are miles of paths around the property for you to enjoy, but for your own safety, please refrain from using the golf paths for anything other than playing golf. There are multiple reasons why we don’t allow pedestrian traffic on the course. The obvious one is the danger of being hit by a golf ball. Other reasons include; our staff is busy trying to prepare the course for that day’s play, and any hindrance can slow them down enough that they will get caught by golfers and not be able to finish, and we also do a lot of spraying this time of year. And although we are not spraying anything too dangerous, it is best to avoid these applications for you and especially your pets. We are lucky to adorn our feet with shoes that protect us from these types of things, but our furry friends can absorb things through their paws, and it is best to keep them away.

The good news is that the walking path passes right in front of the golf shop, so feel free to stop in and enjoy an ice-cold refreshment as you are out enjoying our beautiful property!

Thank you from the golf team at Running Y

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**Summer Activities**

**Running Y Sports and Fitness Center**

Summer Activities at the Running Y Sports & Fitness Center

- **Tuesdays - 10:30 am** Next of Kiln ceramic craft painting.
- **Tuesdays - 2 pm** Family Bingo.
- **Wednesdays - 3 pm** Badger Run.
- **Thursdays - 10 am** Skillet Handle Walk.
- **Friday - 12 pm** Tie Dye T-shirts.

Cost may vary due to activity, activities may be cancelled or changed without notice, please call ahead.

541-850-5587

All of us at the RY SFC wish all of YOU an AMAZING summer!!

*We welcome your feedback! Please direct any questions, input, or ideas about what you’d like to see in the next newsletter to JonB@runningy.com*